

## What's on Your Plate?

Healthy eating begins with putting healthy food on your plate. How does your plate rate? Place a check mark next to each statement that applies to you.

- ☐ Meat and high-fat dairy cover less than one third of my plate at most meals.
- ☐ I eat a variety of brightly colored fruits and vegetables.
- ☐ At least two thirds of my plate is covered with fruits, vegetables, whole grains, and non-meat sources of protein (such as beans) at most meals.
- ☐ I make an effort at each meal to limit the fat I eat. This includes cream sauces and animal fats.
- ☐ When eating out, I order steamed, broiled, or baked dishes instead of foods that have been fried.

## Rating Your Plate:

The more boxes you checked, the healthier your meals are. But be careful about your snacking habits. Think healthy whenever you eat.



## Making Choices

Once you begin to eat healthier food, you'll realize that your choices are unlimited. You have a huge number of healthy foods and cooking styles to choose from. Just remember:

- Eat a rainbow: Enjoy a variety of brightly colored fruits and veggies in your diet each day.
- Cut back on fat and animal products.
- Increase the number of whole-grain foods you eat, but watch the cream sauces and butter.

## Resources:

- **American Dietetic Association**  
[www.eatright.org](http://www.eatright.org)
- **American Heart Association**  
800-242-8721 | [www.americanheart.org](http://www.americanheart.org)
- **American Cancer Society**  
800-227-2345 | [www.cancer.org](http://www.cancer.org)
- **MyPyramid:** [www.mypyramid.gov](http://www.mypyramid.gov)
- Your local hospital or library

**Consultant:**  
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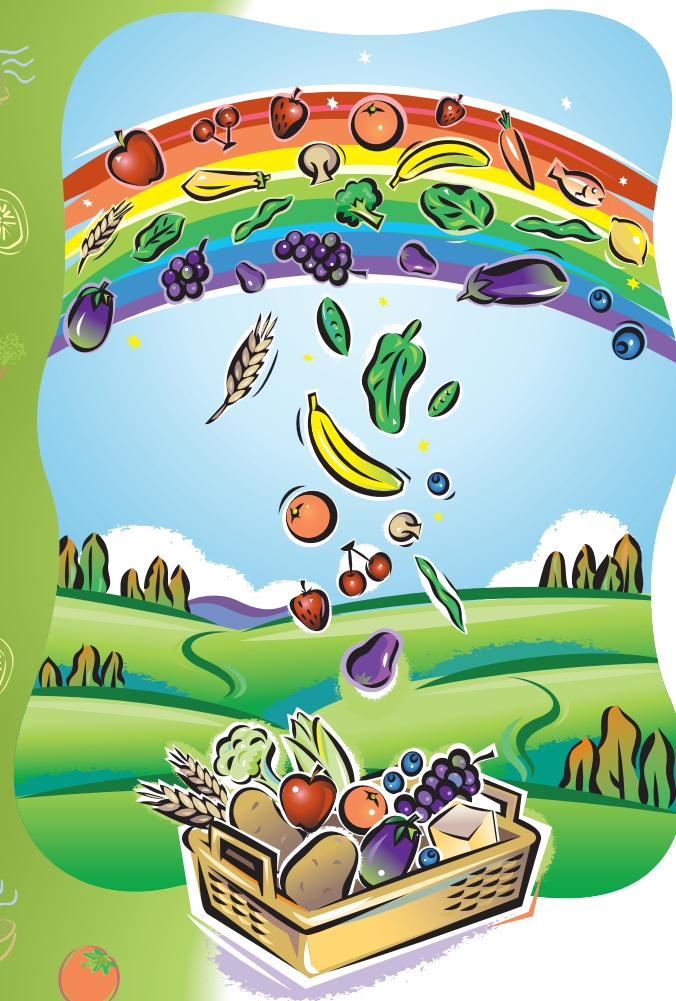
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# Eating Healthy

## A Rainbow of Foods in Your Daily Diet



## Why Eat Healthy Foods?

**H**ealthy eating does more good than you may think. You already know that making healthy food choices can help manage your weight. But it also can reduce your risk of cancer and other diseases. The fact is, healthy eating can lead to:

- Increased energy levels.
- Better all-around body function.
- Reduced risk of illness and disease.
- Improved appearance.

## Getting Started

Fruits, vegetables, beans, and grains come in a wide range of colors. You can easily find foods that are red, green, yellow, orange, and so on. For variety, start to think in terms of “eating a rainbow” of foods. As a rule, the brighter the color, the healthier it is.

This and other healthy eating habits may take time to master. Don't change everything in your diet at once. Check which changes you can try to get started:

- ☐ Increase the number of fruits and vegetables you eat to at least 5 a day.
- ☐ Eat more foods made from whole grains (such as whole-wheat pasta).
- ☐ Start to think of meat and poultry as a side dish rather than a main course.
- ☐ Have other sources of protein (such as beans or soy products) with some meals, in place of meat.

## Try Something New

Try eating something new at different meals. Check which ideas you can try:

- ☐ **Breakfast:** Egg substitute, or instead of two eggs, use one yolk and add an extra egg white; low-fat turkey sausage; whole-grain cereal; low-fat yogurt; fruit



- ☐ **Lunch:** Green salad with whole-wheat bread; clear, stock-based soup; turkey sandwich with mustard

- ☐ **Dinner:** Broiled chicken breast or

fish; tofu or other soy products; pasta tossed with veggies; cooked dried beans and brown rice

- ☐ **Snacks & dessert:** In-season fruit; carrots; fat-free pretzels; air-popped popcorn; sorbet; juice bars; angel food cake

### Eating on the Run

- Buy a bagel in the morning, not a donut.
- Request low-fat meals whenever eating out.
- Order sauces, dressings, and butter on the side (and use very little).
- Order broiled, steamed, or baked foods, not fried.

## Balancing Meals and Treats

If you eat healthy most of the time, you can still enjoy some treats in your daily diet. But be sure to load up on healthier foods before you indulge in that dish of ice cream. And when it's time for a treat, don't overdo it. Here are ways to make sure most of what you eat is healthy:

- ☐ Keep on hand a few days' worth of healthy meals, like tossed salads, clear soups, and low-fat casseroles.
- ☐ Fill up on fruits, vegetables, and whole grains.
- ☐ Eat at home before you hit the road.
- ☐ Drink water instead of soda or a sugary juice drink. Or try fizzy water with just a splash of juice.
- ☐ Keep a stash of healthy snacks, both at home and at work.
- ☐ Before snacking between meals, drink a large glass of water. This may fill you up, so you'll eat less.
- ☐ Wait 10 minutes before you reach for a snack. If your stomach's still growling, go ahead and eat. If it's not, you weren't really hungry!

## Now You're Cooking

Healthy eating isn't just a matter of the food you buy. How you prepare it also matters. Try any of the following to prepare healthier meals:

### Try This:

- ☐ Seasoning with lemon and herbs . . . . . Seasoning with butter and salt
- ☐ “Sautéing” in broth . . . . . Sautéing in butter or oil
- ☐ Trimming fat and removing skin . . . . . Cooking meat right out of the package
- ☐ Grilling or broiling . . . . . Frying in butter, oil, or lard
- ☐ Substituting applesauce when baking . . . . . Adding butter, shortening, or oil in recipes

### Instead of This:

